



Benefits of Intermittent Fasting

Important points to Note;

- Fat burning happens when you are LOW in insulin
- Glucagon triggers fat burning.
- As long as you eat you will release insulin and block fat burning

Fasting is a way of accelerating fat burning because when you fast, no insulin is released and lots of glucagon is released.

Glucagon triggers fat burning.

Fasting means NO food... not less food!

Fasting for short, regular bursts does not decrease your metabolic rate, nor reduce muscle mass.

Exercising in a fasting state accelerates Fat burning.

When you fast, energy is not needed for the digestive processes and can be rerouted towards healing and repair.

So what is a short- burst fast?

- 12-36 hours

Other benefits of short term fasting

- Decrease Leptin levels
- Increase sensitivity of hypothalamus and pancreas to Leptin signal which reduces Leptin resistance
- Increases growth hormone up to a 6 fold increase

Fasting for 24 hours dramatically decreases your insulin levels, helping re-sensitize your cells to insulin *Journal of Applied Physiology*. *In fact, the impact of a fast on insulin is greater than a low carbohydrate diet if you want to bring your insulin down quickly (1 day a week). This allows your body to heal and rests your insulin receptors*

Options for Intermittent Fasting

1. 24 hours once or twice a week. Best results are when the 2 days are not consecutive
2. Breakfast to breakfast Eat breakfast on day 1, skip lunch and dinner, and have breakfast an hour later on the second day (24 hours). Similarly, Lunch to lunch or dinner to dinner.
3. If you wish to extend the time a bit, go Breakfast to lunch the next day or even breakfast day 1 to dinner day 2 (+30hours)
4. Daily fast. Early dinner and late breakfast the next day. Go between 12 and 16 hours every day without food or skip dinner entirely one day and eat breakfast as normal.. or skip breakfast entirely one day and go from dinner the previous day to lunch the next. This approach of a daily fast is sometimes easier because much of the fasting hours are overnight while you are sleeping.

Some interesting points

- Insulin prevents the release of growth hormone and growth hormone is important in developing lean muscle. *Journal of Clinical Endocrinology and Metabolism*
- The journal *Aging Cell* in 2010 published a study that showed that calorie restriction did not stimulate growth hormone in the same way as did fasting. Add exercise to that for greatest benefits in growth hormone production. *Journal of Clinical Endocrinology Metabolism*
- Studies have shown that short periods of fasting and calorie restriction have no effect on muscle mass or strength as long as you are exercising. *European Journal of Applied Physiology and Occupational Physiology Journal of Applied Physiology*.
- Skipping breakfast does not lower your metabolic rate. *British Nutrition Journal*
- *European Journal of Applied Physiology*. Fasting assists the body to use protein for muscle growth